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Why Eat a Snack?

Even though snacking involves eating extra calories it can be an integral part of healthy weight loss. Snacking between meals can help curb hunger and helps better control how much we consume at each meal. Snacking, just like with meal planning, requires careful consideration as to what we are putting in our mouths.

Listed below are some helpful tips when it comes to making snack time healthier and easier:

- **Have healthy snacks on hand and easily accessible.** Having a bowl of fruit on the counter or fresh vegetables already washed and cut into snack size portions is a great way to prevent reaching for things like chips, cookies, candy, or other “quick and easy” snacks.
- **Designate a special place in the refrigerator for snacks.** Having a special place in the refrigerator will help you plan snacks better -- making it easier to grab those healthy snacks that are already prepared. This reduces the chance of selecting something in other parts of the fridge that may not be the best choice.



Some examples of low calorie/healthy snacks include the following:

- Reduced-fat string cheese, low-calorie yogurt, and fat-free milk.
- Washed, bite-size pieces of raw vegetables such as pepper strips, cucumbers, cauliflower, broccoli, carrots, zucchini, and celery. Serve with low-calorie dips.
- Fresh fruit: apples, bananas, oranges, watermelon, blueberries, and raspberries, etc.

These snacks are packed full of nutrients without adding a large amount of calories.

Lastly, avoid eating to cope with emotions such as boredom, stress, and/or being tired or upset. You may consume a significant amount of excess calories without realizing it. Some other things you can try instead include:

- Calling a Friend
- Exercising
- Taking a warm bath or shower
- Activities that will help reduce the likelihood of turning to food to satisfy emotions